

# Adults - Healthy School Lunch

1. NARRATOR on-camera with lunchroom background

As adults focused on young people each day, we're on the front line of issues involving child nutrition and child hunger. Schools have the opportunity to promote healthy eating habits among elementary, middle school and high school students.

2. VOICEOVER graphic: Dietary Guidelines for Americans - 2010

In addition to learning in the classroom, students are learning in the <u>lunchroom</u>, too. We're teaching healthy choices and eating habits by aligning with the most recent Dietary Guidelines for Americans.

3. VOICEOVER young people eating in a lunchroom

We've all learned that healthy eating in childhood and adolescence is important to proper growth, nutrition and keeping diseases at bay.

 VOICEOVER bullet points of • fruits • vegetables • whole grains • fatfree and low-fat dairy

The Dietary Guidelines for Americans recommend a diet rich in fruits, vegetables, whole grains, and fat-free and low-fat dairy products.

 VOICEOVER graphic: Limit Intake •solid fats •cholesterol •sodium • added sugars •refined grains

They recommend that children, adolescents, and adults limit intake of solid fats, cholesterol, sodium, added sugars and refined grains.

#### 6. NARRATOR on-camera

But how do young people typically eat? Empty calories from added sugars and solid fats contribute 40 percent of the daily calories of 2- to 18-year-olds. And about half of those empty calories come from soda, fruit drinks not made from 100% juices, dairy and grain desserts, high fat dairy drinks, and high fat cheese and meats.

### 7. VOICEOVER school lunchroom shot

That's why school lunch programs are working harder to provide the right nutrition and the right calories.

#### 8. NARRATOR on-camera

You've probably said, "Eat your fruits and vegetables" to your children. We're saying it at school, too. Here's how.

9. VOICEOVER lunch tray diagram; highlight fruit & vegetable sections

On today's lunch tray, fruits and vegetables now make up more than half of the meal.

10. VOICEOVER Fruit option graphics, bullet points

Lunchtime fruit is offered every day to students. Younger students will get a

half a cup, and older students get 3quarters to one cup of fruit.

It can be fresh, dried, once frozen without added sugar, or canned in a light syrup. Fruit juices have to be 100% juice.

11. VOICEOVER school lunch tray diagram showing vegetable area

And here is a change in 2012. Let your students know that they must take at least a half cup of fruits or vegetables every day. If a lunch tray doesn't have the minimum fruits and vegetables, all items are a la carte and the lunch will cost more.

12. VOICEOVER Food shots of red-orange vegetables or graphic: listing names

We're serving more red and orange vegetables, like squash, sweet potatoes, carrots, and tomatoes.

13. VOICEOVER Food shots of dark green vegetables or graphic: listing names

And healthy portions of dark green vegetables, too. But not just broccoli, spinach and dark lettuce. Your kids might be telling you about tasting bok choy, kale, watercress and turnip greens.

14. NARR on camera, empty lunchroom setting

You can get involved by asking students to try one new thing at lunch, and then talking about the experience.

It's a good way to share not only nutritional information but ... for example ... the benefits of diversity! Different foods combine to provide a balance of vitamins, minerals and other nutrients that one food can't.

#### 15. VOICEOVER

Students will find their lunch line has more types of beans and peas. That's our legumes group, and they may be exploring vegetables like lentils, while seeing less of vegetables that are high in starch, because there are now more options.

#### 16. VOICEOVER

The variety of vegetables might also include celery, beets, cauliflower, or cabbage.

## 17. VOICEOVER tray diagram

The biggest thing on that lunch tray won't be meat or a meat alternative, like cheese or yogurt. All protein sources will be served in just the right amounts.

Milk will be skim or 1% fat. It will still provide all the calcium and nutrients students need, but without the fat.

 VOICEOVER bread shot, packaging clearly marked as whole grain or whole wheat

At least half of the grains served at school are whole grains, because they're lower in fat and better than refined grains, which lose nutrients and fiber through processing.

And some of those grains may be present in breading on baked meat or fish items, in pizza crust, or occasionally in desserts like cake or cookies.

19. VOICEOVER shot of simple dessert on camera (an appropriately sized cookie)...and hand removing it...or three desserts on camera, and hands remove two of them

And speaking of desserts, they won't be eliminated from the lunch line, but they will be limited. Too much sugar won't be found in your child's school lunch.

## 20. NARR on camera

Parents, ask your children what they selected and ate from their school lunch trays. With your help in encouraging more fruits and vegetables, whole grains and low-fat dairy at home, we can promote a healthier lifestyle for families.

Why not come to school and have a lunch with your child? You'll see all the smart choices!

21. Graphic: Funding for this project provided by the Iowa Department of Education & USDA FNS.

USDA's National School Lunch Program (NSLP), a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions, provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946. In 2010 the Healthy Hunger Free Kids Act was signed into law, continuing funding for federal school meal and child nutrition programs, giving the USDA the authority to set new nutrition standards for food sold and served in schools, requiring training and certification for all food service personnel, increasing access to healthy food, and promoting overall student wellness. By supporting school and community efforts that

## Healthy School Lunches - Adults' Script – page 6 of 5

provide nutritious meals for children and promote overall wellness, the HHFKA is a major step forward in the fight to end childhood hunger, improve nutrition, and fight our country's epidemic of obesity.